

PICKING THE RIGHT CPAP MASK FOR YOU.

It is recommended that patients are fitted for a mask by a sleep technician, doctor, or sleep center. If this is not an option at the time, and you need to size yourself there are a few decisions you will need to make including style and size of the mask.



NASAL PILLOW

Designed to apply CPAP pressure directly into your nostrils. This style uses pillows (nasal cushions) that sit directly inside your nose and create a seal. If you breathe through your mouth a chin strap may be needed.



SIZING:

Sizing usually depends on the size of the user's nostrils, and typically you can get a fit pack that comes with various nasal pillow sizes.



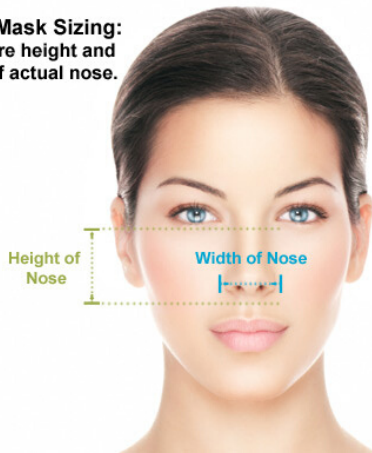
NASAL MASK

Designed to apply CPAP pressure indirectly through a mask that covers your nose. The top of a nasal mask fits over the bridge of your nose and the bottom lies above your upper lip.

SIZING:

Measure your actual nose size from top to bottom and side to side.

Nasal Mask Sizing:
Measure height and width of actual nose.



General Sizing:

Petite: 1.5" tall, 1.5" wide

Small: 1.75" tall, 1.5" wide

Medium: 2" tall, 1.75" wide

Large: 2.25" tall, 2" wide

Standard: 1.75" to 2" tall, 1.75" wide

Please note: Manufacturer's usually have a sizing guide you can print to get a fit for the exact mask you want to use. Try googling the masks name and "sizing guide".



FULL FACE MASK

Designed to let you breathe through your nose and mouth during sleep. Generally, the top of this mask fits on the bridge of your nose and the bottom fits below your lower lip.

SIZING:

Measure straight down from beneath your eye to just below the lower lip. Measure the width of your mouth in a natural position. (i.e. not smiling)

Full Face Mask Sizing:
Measure height and width of actual nose.



General Sizing:

Small: 3.25" tall, 2.75" wide

Medium: 3.5" tall, 3.25" wide

Large: 4.25" tall, 3.25" wide

Please note: Manufacturer's usually have a sizing guide you can print to get a fit for the exact mask you want to use. Try googling the masks name and "sizing guide".

Once you have chosen your mask and style you will need to make adjustments to your headgear for a proper fit. Try sitting on the side of your bed, turn your CPAP machine on and place the mask on your face with the straps loose, slowly and gently pull the straps to the point that feels comfortable and no leaks are present. Test out your fit by positioning yourself in bed with your head on the pillow and make adjustments as necessary. Be patient it may take a few attempts but you will get it! Your mask should come with a user's guide to help you. When you have a comfortable mask in the correct size it will provide you with restful sleep and energy for your day to come.

Breathe better and live healthier!

FOR MORE INFORMATION:

Visit www.breathepa.org

or call us at 724.772.1750